

Here is the brief for Wednesday 27 January 2021.

Symptom reminder By now we are all well aware of the ‘big three’ COVID-19 symptoms. However, experience has taught us that the virus can make its presence felt in other ways: chills, sore throat, headache, runny nose, shortness of breath, general weakness, muscle pain or diarrhoea. If you, as a member of health & social care staff are experiencing any of the above, arrange a test without delay. This applies even if you are participating in the Lateral Flow asymptomatic testing and have had a recent not detected result. Staff testing is available seven days a week in Aberdeen, Elgin, and Huntly, and can be arranged by clicking [here](#)

While a fever is one of the ‘big three’, it is important to remember it’s quite common to develop a fever after a vaccination. This normally happens within 48 hours of vaccination and usually goes away within 48 hours. If that happens to you after your COVID-19 vaccine you do not need to self-isolate or book a test **unless** you have other COVID-19 symptoms or have been told by Test & Protect that you are a close contact, you live with someone who has recently tested positive for COVID-19, or you live with someone who has symptoms of COVID-19.

Staying COVID safe at work For many of us in health & social care working at home simply is not an option. A huge amount of work has therefore gone into making workplaces as safe as they can be. This has included (but certainly isn’t limited to) floor and wall signs, use of face masks/coverings, increased hand sanitising points, limits on lift capacity, queue management in shops and cafes, and guidance to keep left in corridors. What all these measures have in common is a human factor – we need to participate fully to make them as effective as possible. Whether you’re regularly in the workplace or only an occasional visitor, please pay attention to all the safety rules in place. They keep you safe. They keep your colleagues safe. They keep patients safe.

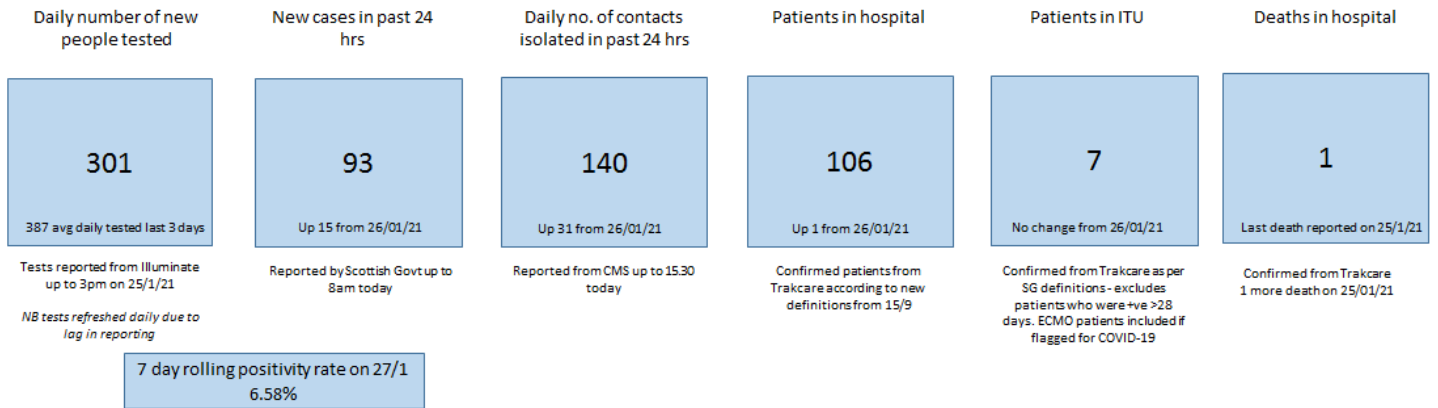


COVID-19 vaccination programme Firstly, an apology for any confusion caused by the information on scam emails circulated yesterday. When we said we would not use email to offer appointments, we meant appointments offered to the general public. Staff appointments have been offered by email, using our secure email systems. We hope this clarifies matters.

Public Health Scotland have published their weekly COVID-19 report, which includes data on vaccination rates. Between 8 December and 24 January, **45,702** people in Grampian received their first dose of vaccine. You can read the full report [here](#).

Twice weekly asymptomatic staff testing A reminder that this programme is up and running in Grampian, using Lateral Flow Devices, for all patient facing healthcare staff. There's lots of information on how the programme works on our website – just click [here](#). The interim Deputy Chief Medical Officer, Dr Nicola Steedman, has also recorded a video update on why this programme is so important – to watch this, just click [here](#).

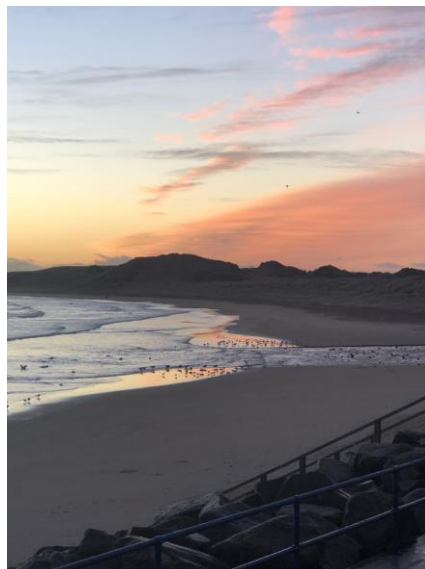
Grampian data The local figures for today and the 7 day rolling positivity rate are shown below. If you click [here](#) you can visit the Public Health Scotland website, which includes neighbourhood figures for all local authority areas in Scotland.



Thought for the day “I’ve been really good, I’ve not been anywhere” “I’m only nipping into the office for a few minutes, I won’t need my face covering” “Three of us in a lift won’t do any harm, we’ve all had our first vaccine anyway”. Sound familiar? As humans we are past masters at rationalising our decisions. We have talked before about how tempting it is to bend the rules to suit our personal circumstances. The thing with this virus is, it doesn’t keep score. It doesn’t convert the 99 times we kept our distance into a ‘free pass’ for a slightly too close corridor conversation with a workmate. It doesn’t recognise the third supermarket trip this week really was for essentials, and we were in a rush, and maybe we jostled past someone who was taking too long...Incidentally, shopping is still the top setting mentioned by people interviewed by contact tracers following a detected result. Admittedly, the supermarket is pretty much the only place we can go at the minute, but food for thought nonetheless.

Living life right now is not easy – in fact it is downright frustrating and exhausting to constantly be on our guard. Unfortunately, until we can get a significant reduction in case numbers and vaccinate many more people, we have little choice.

And finally... You know we cannot resist a photograph here – huge thanks to Morag Allan (specialist radiographer) for sending in this beautiful shot of Fraserburgh beach. The days are slowly lengthening...



Questions to ask? Information to share? If you have particular questions – or are aware of questions coming from friends and family – please share them with us. We may not be able to answer every question and it may take us time to get a proper answer, but we will endeavour to respond and share the answers. You can get in touch with us via gram.communications@nhs.scot. Please also use that email address if you have items for consideration for future briefs.